

Mary K. Hargadon-Zester, M.S., L.C.M.F.T.
Howard Community College

Professional Summary:

Mental health professional with 30 years experience. Strong clinical, administrative, outreach and program development skills. Extensive experience in areas of couples, family, individual and group therapy with a diverse client base. Specialized experience in working with relational concerns, addiction, depression, anxiety, balancing life demands during transitional times and wellness/self-care.

Clinical Experience:

Mental Health Counselor (2009-present)

Counseling & Career Services

Howard Community College in Columbia, MD

Provides mental health services to the Career Links student population who are single heads of household, balancing multiple life demands. Provides counseling services to the general student population as well as career counseling to the larger community. Leads twice monthly peer consultation meetings with graduate level interns/externs. Participates in campus education and outreach programs for relevant health concerns (depression screenings, suicide awareness, alcohol awareness, anxiety screenings, body image awareness, etc.). Provides appropriate referrals to clinicians, psychiatrists and wellness providers as appropriate. **Current HCC ADAAB Representative.**

Adjunct Faculty (Spring 2011)

University of Baltimore in Baltimore City, MD

Provided instruction of two graduate level courses, **Family Therapy** and **Practicum in Counseling**, through the Division of Applied Behavioral Sciences.

Marriage and Family Therapist (2011-present)

Private Practice in Laurel, MD

Provides couples, individual and family therapy in home office.

Marriage and Family Therapist/Co-Founder/Administrative Director (1984-2010)

Family and Marriage Therapy Center, Inc. in Burtonsville, MD.

Co-founded and developed out-patient center where individual, couples, family and group therapy sessions were provided for 26 years. Provided direct clinical services, assessment and referrals for complementary as well as psychiatric care. Supervised several clinical staff and graduate student interns from both the Loyola Pastoral Counseling program and the Loyola Counseling Psychology programs. Created and implemented a marketing program that included direct mail, quarterly newsletters, meetings with other professionals, and brown bag presentations. Performed administrative functions and fiscal duties as a clinician. Managed the operating budget, including payroll and the monthly balance reports for the center. Taught two 6 hour courses on **Family Studies** and **Understanding Dysfunctional Family Systems** to Master's level acupuncture students at TAI/Sophia Institute in the Spring 1999 and Spring 2000.

EAP Counselor (1988-1990)

Naval Intelligence Command in Suitland, MD.

Provided short term individual counseling, assessment and referrals to employees of the top security Naval Intelligence Command as a consultant through the BEMW program of Bethesda, MD.

Assistant Director (1984-1987)

New Carrollton Drug Intervention Counseling Action Program, P.G. County Health Dept.

Provided direct clinical services, (including assessments and referrals) to individuals, couples, families and groups struggling with the effects of addiction. Provided clinical supervision of staff and graduate level student interns, community education, agency consultations, outreach, crisis intervention, and administrative duties.

Family Therapist (1983-1984)

Associated Catholic Charities of Southern Maryland in Charles County, MD.

Provided direct clinical services to individuals, couples, and families as a contract therapist.

School Mental Health Consultant (1983-1984)

Associated Catholic Charities of Southern Maryland

Provided direct services/interventions to students and their families. Assisted in development and growth of new program by developing relationships with and providing consultations to administrators and teachers in four parochial schools throughout Charles County.

Marriage and Family Therapy Intern (1982-1983)

Family Service Center at University of Maryland College Park

Provided direct clinical services to couples, families and individuals. Assisted in national accreditation process for AAMFT. Performed other administrative duties related to the daily operations of the center.

Contraceptive Counselor Intern (Spring 1981)

Planned Parenthood of Washington, Landover Mall, MD.

Undergraduate Internship. Provided triage and education to young women related to the use of contraception.

EDUCATION:

Master of Science in Family Studies with a Specialization in Marriage and Family Therapy,
University of Maryland, College Park (1988).

Bachelor of Science in Family Studies, University of Maryland, College Park (1981).

PROFESSIONAL AFFILIATIONS:

***Licensed Clinical Marriage and Family Therapist in Maryland**

***Clinical Member of American Association of Marriage and Family Therapy**

RECENT CONTINUING EDUCATION:

- College Drinking in MD: What's Happening and What Works (John's Hopkins's School of Public Health, 2013)
- Cognitive Processing Therapy (Center for Deployment Psychology and UNC Chapel Hill, 2013)
- Service Members and Vets on Campus: Univ. Staff & Counseling Staff Core Competency (Center for Deployment, 2013)
- If You Build It They Will Come: Building & Sustaining Campus Recovery Programs (US Dept. of Education's Higher Ed Center for Alcohol, Drug Abuse and Violence Prevention, 2012)
- Many Faces of Addiction (Howard Community College, 2011)
- Clinical Considerations When Working with Lesbian, Gay and Transgender Clients (Howard Community College, 2012)
- Nutritional and Complementary Treatments for Mental Health Disorders (James Greenblatt, M.D. through PREMIER, 2012)
- Yoga, Mindfulness and Compassion (Mary Nurrie Stearnes through PREMIER, 2011)
- Clinical Interventions for Anxiety and Depression (Jennifer Moolten, MSW through PREMIER, 2010)